

## Focus: Best Efforts & EZ Recovery

Wednesday & Thursday

### Warm Up:

(800/600+)

3 x 100 - 50 Finger tip drag + 50 Build  
200 Kick or 5 minute Vertical Kick  
4 x 75 DPS - 25 Back/25 Breast/25 Free

### Drill: 2x (4x25) Free Drills -(fins?)

(200)

R1: "Glove Stroke" and "Bow & Arrow"

R2: Paddle or Fist Swim

### Best Efforts and Ez:

(1,900/1600)

7/6 x 100 Odd Free/Even Stroke base +15"

1 x 200 EZ Recovery Kick R:60"

5/4 x 100 Odd Free/Even Stroke base +15"

1 x 200 EZ Recovery Kick R:60"

3/2 x 100 Odd Free/Even Stroke base +15"

### Fast Swims: Timed

(450)

1 x 50 + 100 Ez Choice

1 x 100 + 200 Ez Choice

### Cool Down:

4x (25 SLOB Kick + 25 Free)